

HOT WEATHER GUIDELINES

Last updated: December 2020

During the summer months, Netball Victoria commonly receives requests from affiliates looking for guidance on queries such as:

- Should our training be modified or cancelled?
- At what point do we modify or cancel games?
- When is it safe to play netball or be physically active in the heat?

To help organisations, coaches and other individuals when conducting sport in hot weather, Netball Victoria has produced this revised set of guidelines. These new guidelines are based on the latest research as well as the expertise of Sports Medicine Australia's (SMA) medical and scientific members.

These guidelines are **not binding**, however Netball Victoria reminds all parties that they must act responsibly. We encourage a common sense approach and consideration of the comfort and well-being of all individuals including participants, officials and volunteers. There are many factors to be considered when Clubs, Associations and Leagues are contemplating modifying, postponing or cancelling games or training. Affiliates need to be aware of the difficulty of settling a "one size fits all" policy in this area. Instead, we encourage you to undertake appropriate risk management specific to your particular geographical circumstances. If hot weather is predicted, we encourage you to communicate and plan your day in advance accordingly, so you know what to expect. Encourage members to start to hydrate in preparation and inform them that changes may be made (e.g. reduced quarters, extended breaks etc.)

VicSport has developed a suite of new resources to assist sport and recreation organisations to mitigate against the risks of exertional heat illnesses in sport. VicSport has also published supportive resources including fact sheets and posters. These resources are designed for the Victorian sport sector and may be used to inform and create risk plans, event plans and emergency management plans.

VicSport – Hot Weather Guidelines for Sport and Active Recreation

Informed by evidence and advice from the Australian Centre for Research into Injury in Sport and its Prevention, the guidelines contain information about:

- Trends in extreme heat
- Heat illness conditions including signs and symptoms
- Risk factors affecting sport and active recreation
- Mitigation strategies
- Advice on communicating modifications to activities

[Click here to download the guidelines](#)

FACT SHEETS AND POSTERS - A range of fact sheets and editable posters have been developed to assist sport organisations to promote awareness of exertional heat illnesses and actions to take if symptoms of heat illness present during sport activities.



[Click here to download Posters and Fact Sheets](#)

Sports Medicine Australia

SMA is the leading source of information for injury and illness in sport and physical activity. They provide advice for sport organisations through training courses, workshops and events, fact sheets and guidelines.

<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>

Heat Health Alerts

The Department of Health and Human Services heat health alert system notifies local governments, departmental program areas, hospitals, and state-wide or major metropolitan health and community service providers of forecast heat wave conditions that are likely to pose an increased risk to human health. The department has identified temperature thresholds for Victoria above which heat-related illness and mortality increases substantially.

Throughout summer, the department monitors the [Bureau of Meteorology](#) seven-day forecast maximum and minimum temperatures. When the heat health temperature threshold is reached in a specific weather forecast district, the department issues a heat health alert.

Sign up to receive heat health alerts [here](#).

VicEmergency

VicEmergency provides updates and warnings for incidents related to fires, floods, storms and other environmental disasters. Sport organisations should be ready to refer to the [website](#) or download the Smartphone App so that relevant information can be obtained in the event of environmental emergencies which threaten the health of participants.